

# 尿动力测试

UW 医疗中心-西北分院患者

**UW Medicine**  
UNIVERSITY OF WASHINGTON  
MEDICAL CENTER

本讲义解释了如何做尿动力测试，以及如何为此测试做准备。它还提供了医保所需要的一些资讯。

## 什么是尿动力测试？

尿动力测试是一项尿路的检查，包括膀胱和尿道。该测试帮助医生诊断和治疗泌尿系统问题。

## 为什么我需要做尿动力测试？

您的医生希望您做这个测试可能是为了帮助治疗您的泌尿系统问题。  
您可能有：

- 尿失禁（无法控制排尿）
- 闭尿（膀胱无法完全排空尿液）
- 经常有膀胱炎
- 尿频



## 任何做该测试？

- 首先，护士会给您插一根导管（一根大概面条大小的导管）进您的膀胱和一根导管到您的直肠内。这可能会让您有些不适。大部分患者都能忍受。
- 然后我们将给您的膀胱注入水或者显影剂。导管会显示压力数值来帮助我们了解您的膀胱功能。
- 如果使用了显影剂，我们会在灌注膀胱时拍摄 X 光片。
- 检查结束后，我们会要求您排空膀胱。

如果您在阅读本手册后对尿动力学测试有任何疑问，请咨询您的医护人员。

## 我该如何准备该测试？

- 如果有以下情况，请联系门诊：
  - 行动不便或其他特殊需求可能会影响您测试当天。
  - 可能有膀胱或肾脏感染。我们可能需要延迟您的测试。
- 请确保预约的时间适合您。**务必准时到达测试地点。**如果您迟到，我们可能需要将您的测试改期。



使用手机摄像头扫描以获取此讲义的电子副本。

- 如果您正在服用任何膀胱药物，请咨询医生是否需要在尿动力检查前 5 天停药。这些药物包括：
 

- Detrol (tolterodine)	- Levsinex (hyoscyamine)
- Dibenzylamine	- Minipress (prazosin)
- Ditropan (oxybutynin)	- Myrbetriq
- Enablex (darifenacin hydrobromide)	- Oxytrol Patch
- Flomax (tamsulosin)	- Sanctura (trospium chloride)
- Imipramine (tofranil)	- Toviaz
- Levbid	- Vesicare (solifenacin succinate)
- 您无需停止服用抗生素或其他药物。

## 检查当天

- 您可以正常饮食。
- 检查前 1 个小时停止喝水。
- 请在膀胱适当充盈的情况下前来就诊。
  - 如果您感觉膀胱过满，请告知前台工作人员。
  - 如果您插有导尿管，则无需保持膀胱充盈。
- 您可以在检查前进行日常活动。您也可以自行驾车前往就诊地，然后再开车回家。
- 如果您被要求记录排尿日记，请随身携带。
- 计划在这次预约大概需要 1 小时。

## 保险会支付该检查吗？

我们通常会与您的保险公司确认此项检查的授权，但无法确定您的自付费用。请咨询您的保险公司，了解您需要承担的费用。致电您的保险公司时，请务必告知他们此项检查为门诊检查。

您的保险公司可能会要求您提供描述此项检查的代码（称为 CPT 代码）。以下是尿动力学检查的代码：

- 51726 Complex CMG (cystometrogram)**/51726 复杂的 CMG（膀胱测量图）
- 51741 Complex uroflowmetry/**51741 复杂的尿道测量法/
- 51728 Complex CMG, with voiding pressure profile studies/**51728 复杂的 CMG，与排尿压 力曲线测试
- 51797 Intra-abdominal voiding pressure studies/**51797 腹腔内排泄压力测试
- 51600 Injection for cystography or voiding urethrocystography/**· 51600 膀胱造影或尿道造影的注射液

如果您有任何问题或疑虑，请与您的医生联系。

## 疑虑？

您的问题很重要。如果您有任何问题或疑虑，请联系您的医生或医护人员。

- UWMC – NWH 泌尿科:**  
1536 N 115<sup>th</sup> St, Suite 300,  
Seattle, WA 98133  
拨打 206-668-5215 工作日上午 8 点到下午 5 点.
- UWMC - Northwest Pelvic Health Center:**  
1536 N 115<sup>th</sup> St, Suite 320,  
Seattle, WA 98133  
拨打 206.668.4477 工作日上午 8 点到下午 5 点.

# Urodynamics Testing

For patients at UW Medical Center - Northwest

This handout explains how urodynamics testing is done and how to prepare for it. It also gives information your insurance company will need.

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Scan with your phone camera for a digital copy of this handout.

## What is urodynamics testing?

*Urodynamics testing* is an exam of the urinary tract, including the bladder and urethra. This exam helps doctors diagnose and treat urinary problems.

## Why do I need this exam?

Your doctor may want you to have this test done to help us treat your urinary problems. You may:

- Have *incontinence* (cannot control urination)
- Have *retention* (cannot fully empty your bladder of urine)
- Get bladder infections often
- Need to urinate often



## How is the test done?

- First, a nurse will insert a small *catheter* (a tube about the size of a spaghetti noodle) into your bladder and another catheter into your rectum. This may cause some discomfort. Most patients handle this easily.
- We will then fill your bladder with either water or a *contrast solution* through the bladder catheter. The catheters will give us pressure readings to help us see how your bladder is working.
- If contrast is used, we will take X-ray pictures of your bladder as it fills up.
- At the end of the test, we will ask you to empty your bladder.

Talk with your healthcare provider if you have any questions about urodynamics testing after reading this handout.

## How do I prepare for this test?

- Call the clinic if you:
  - Have mobility problems or other special needs that will affect the day of your test.
  - May have a bladder or kidney infection. We may need to postpone your test.
- Make sure the appointment is at a time that works for you. **It is very important that you arrive on time for the test.** If you arrive late, we may need to reschedule your test for another day.

- If you take any medicines for your bladder, ask your doctor if you need to stop taking these 5 days before your urodynamics test. Some of these medicines are:
 

– Detrol (tolterodine)	– Levsinex (hyoscyamine)
– Dibenzyline	– Minipress (prazosin)
– Ditropan (oxybutynin)	– Myrbetriq
– Enablex (darifenacin hydrobromide)	– Oxytrol Patch
– Flomax (tamsulosin)	– Sanctura (trospium chloride)
– Imipramine (tofranil)	– Toviaz
– Levbid	– Vesicare (solifenacin succinate)
- You do **not** need to stop taking antibiotics or your other medicines.

## On the Day of Your Test

- You may eat and drink normally.
- Stop drinking fluids 1 hour before your appointment.
- Please come to your appointment with a comfortably full bladder.
  - If your bladder feels too full, please tell someone at the front desk.
  - You do not need to have a full bladder if you have a catheter.
- You may do your usual activities before this test. You can also drive yourself to the appointment and home again.
- If you were asked to keep a voiding diary, please bring it with you.
- Plan on being at this appointment for about 1 hour.

## Does insurance pay for this test?

We typically will check with your insurance company for authorization for this procedure but are not able to determine your out-of-pocket costs. Please check with your insurance to find out what portion you will be responsible for. When calling your insurance company, be sure to tell them that this test will be an **outpatient procedure**.

Your insurance provider may ask for the codes, called CPT codes, that describe this test. These are the codes for urodynamics testing:

• <b>51726</b> Complex CMG (cystometrogram)	• <b>51797</b> Intra-abdominal voiding pressure studies
• <b>51741</b> Complex uroflowmetry	• <b>51600</b> Injection for cystography or voiding urethrocystography
• <b>51728</b> Complex CMG, with voiding pressure profile studies	

Please talk with your provider if you have any questions or concerns.

## Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

**UWMC – NWH Urology Clinic:**  
1536 N 115<sup>th</sup> St, Suite 300,  
Seattle, WA 98133  
Call 206-668-5215 weekdays  
from 8 a.m. to 5 p.m.

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